

# "EXPERIENCE"

September 26, 2021

## Schoharie County Office for the Aging 518-295-2001

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"Spring is beautiful, and summer is perfect for vacations, but autumn brings a longing to get away from the unreal things of life, out into the forest at night with a campfire and the rustling leaves." – Margaret Elizabeth Sangster  
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### There Are Places I Remember: A Program of Drawing and Collage

**When:** 6 Tuesdays: November 2-December 7, 2021, from

9:30am-11:00am ET

**Where:** Online via Zoom

In this 6-week class, participants will learn how to draw using pen, brush and ink, and ultimately use their drawings to create a collage of a place they carry in their memory. Instructor Antonia Perez will foster a supportive and experimental environment where students will study drawings by inspirational artists and reflect on their own and each other's work. The program will conclude with a presentation of their work.

#### About the instructor

Antonia Perez is a mixed-media artist, whose practice includes making sculpture and site-specific works from repurposed materials as well as works on paper and exhibits locally and nationally. As a teaching artist for more than thirty years, Antonia works with students of all ages and backgrounds in a wide range of settings, with a focus on creative aging for the last 8 years. She has managed, directed and designed visual arts education programs in the non-profit sector. Antonia holds a Master of Fine Arts degree from Queens College, CUNY.

#### Made possible by

This program, part of the New York State Creative Aging Initiative, is made possible through a partnership between the New York State Council on the Arts, the New York State Office for the Aging and Lifetime Arts. The project takes an innovative, evidence-based approach to healthy aging, underscoring New York's leadership as the first age-friendly state in the nation.

Call 518-295-2001 to sign up for the class!

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September 15 to October 15 is celebrated nationwide as National Hispanic Heritage Month. It traditionally honors the cultures and contributions of both Hispanic and Latino Americans as we celebrate heritage rooted in all Latin American countries. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. Hispanic Heritage Month is a time for the United States Military to honor both fallen and Active Duty Hispanic Americans' who served in the armed forces. Sixty-one people of Hispanic heritage have been awarded the Medal of Honor.  
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#### Did you know:

The United States has no National language.

71.1% of Hispanics speak a language other than English at home.

The Latino population is growing and is expected to reach 30% of the total US population by 2050.

#### Disparities:

- Hispanic individuals had 1.9 times the number of Coronavirus cases when compared to White individuals, 2.8 times the number of hospitalizations and 2.3 times the number of deaths.
- 24% of Hispanics 65+ live in poverty while 8% white individuals 65+ live in poverty.

#### Medicare: Extra Help Program eligibility

1. If your monthly income is up to \$1,630 in 2021 (\$2,198 for couples) and your assets are below \$14,790 in 2021 (\$29,520 for couples), you may be eligible for Extra Help. These limits include a \$20 income disregard that the Social Security Administration (SSA) automatically subtracts from your monthly unearned income (e.g., retirement income). Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help because certain types of income and assets may not be counted, in addition to the \$20 mentioned above.
2. If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements. You should receive a purple-colored notice from the Centers for Medicare & Medicaid Services (CMS) informing you that you do not need to apply for Extra Help.

#### Extra Help benefits

The Extra Help program offers the following benefits:

- Pays for your Part D premium up to a state-specific benchmark amount
- Lowers the cost of your prescription drugs
- Gives you a Special Enrollment Period (SEP) once per calendar quarter during the first nine months of the year to enroll in a Part D plan or to switch between plans (You cannot use the Extra Help SEP during the fourth calendar quarter of the year (October through December). You should use Fall Open Enrollment during this time to make prescription drug coverage changes.)
- Eliminates any Part D late enrollment penalty you may have incurred if you delayed Part D enrollment.

Depending on your income and assets, you may qualify for either full or partial Extra Help. Both programs provide assistance with the cost of your drugs. To receive such assistance, your prescriptions should be on your plan's formulary and you should use pharmacies in your plan's network. Remember that Extra Help is not a replacement for Part D or a plan on its own: You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance. If you do not choose a plan, you will in most cases be automatically enrolled in one.